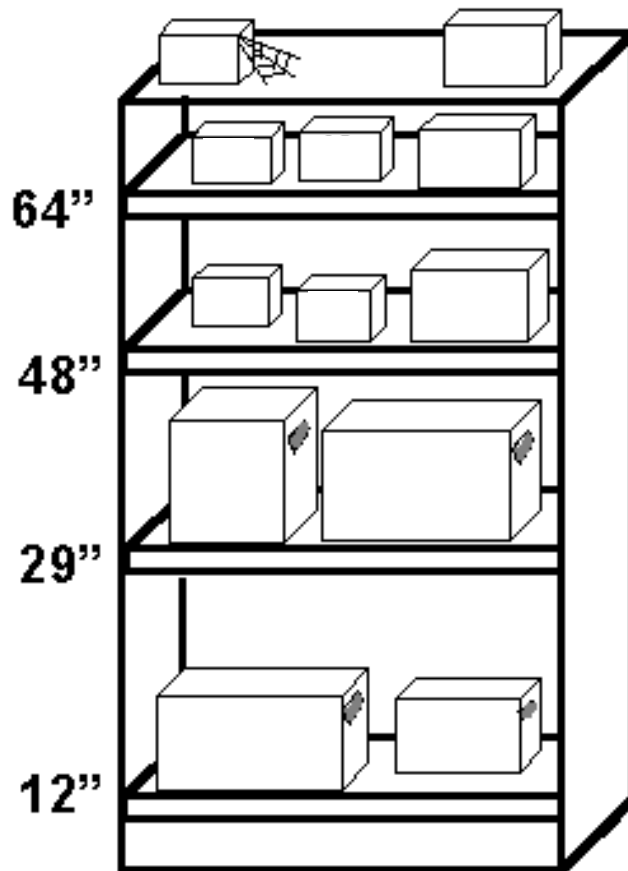


Store heavy objects at waist height

Reduces awkward lifting



General suggested guidelines
(example shelf heights only)



Set shelf height at cart height

Other benefits:

- Reduced chance of strains and sprains
- Less fatigue at the end of the day